

Canada Allergen Information (Revised April 2024)

This list is compiled based on product information provided by Subway® approved food manufacturers. Every effort is made to keep this information current however it is possible that ingredient changes and substitutions may occur before this list is updated. This chart does not include regional or special promotional items as ingredients vary. **Individual food items may** come in contact with one another during food preparation and is not reflected on this chart. Please notify the sandwich artist if you have a food allergy.

artist if you have a food allergy.													
										e,			
										Gluten (from wheat, rye, tritacle, oats, barley)1			
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										eg ar le		S	
										γğ		Nitrites/Nitrates	
			, Se							π,		ïa	
			ğ				S	S		rol		₹	
			ac.	S	Φ	다.	ä	ut) (f ∂, c	S	l/s	ā
			Milk/Lactose	Peanuts	Sesame	Shellfish	Soybeans	Tree Nuts	Wheat	en	te	ţ	Mustard
	Egg	Fish	≅	ar	SS	<u> </u>	\ \frac{1}{2}	ee	he	ut ta	II.	Ħ	Sn
	Eç	Fie	Σ	Ре	Se	SF	Sc	ıL	Μ	GI tri	Sulfites	İΝ	Σ
Bread													
English Muffin							*		•	•			
Flatbread			Х				*		•	•			
Gluten-Free Bread	•												
Italian (White) Bread	_						_		_	_			
							•		•	•			
Italian Herbs and Cheese Bread			•				•		•	•			
Lavash Flatbread			•				*		•	•			
Multigrain Bread							•		•	•			
Potato Bun	•		Х		х				•	•			
Wrap							•		•	•			
Meat, Poultry, Seafood & Eggs							_						
Bacon Slices												•	
Brisket							•					•	
Capicola												•	
Chicken, Grilled **							•						
Chicken Strips - Plain							•						
Chicken Strips - Sweet Onion Teriyaki													
Glazed					•		•		•	•			•
Cold Cut Combo Meats			•									•	•
			•										_
Egg Patty, Scrambled	•		•										
Ham, Black Forest												•	
Italian BMT® Meats												•	•
Meatballs with Marinara			•				•		•	•			
Pepperoni												•	•
Porchetta, Diced													
Rotisserie-Style Chicken									х	Х			
Rotisserie-Style Chicken, Jerk-Spiced													
Rotisserie Style Offickeri, serk Spieca							•		•	•			
Rotisserie-Style Chicken, Shawarma									Х	X			
Salami												•	
Steak							*						
Steak, Jerk-Spiced							•		•	•			
Tandoori-Spiced Pork Cutlet													
Tuna (without dressing)		•											
Turkey Breast												•	
												•	
Veggie Patty							•						
Cheese													
Canadian Cheddar Cheese	<u> </u>		•										
Cheddar Cheese, Processed			•				•						
Habanero Jack Cheese		L	•										
Monterey Jack & Cheddar Cheese													
Blend, Shredded			•										
Mozzarella, Fresh													
			•										
Parmesan, Grated			•										
Swiss			•										
Condiments & Dressings													
BBQ, Sweet & Smoky													•
			•	•									

	б	ť	Milk/Lactose	Peanuts	Sesame	Shellfish	Soybeans	Tree Nuts	Wheat	Gluten (from wheat, rye, tritacle, oats, barley)1	Sulfites	Nitrites/Nitrates	Mustard
	Egg	Fish	Ξ	Pe	Se	Sh	So	Tre	M	급	Su	Ż	ĭ
Chimichurri Sauce													
Chipotle Southwest	•		•				*						
Cuban-Style Sauce	•						*						•
Garlic Aioli	•						*						•
House Sandwich Sauce							*						
Jerk Aioli	•						•		•	•			•
Mayonnaise	•						*						•
Mustard, Yellow													•
Nashville-Style Hot Sauce							*						
Peppercorn Ranch	•		•				*						
Smoky Honey Mustard	•						*						•
Sweet Onion Teriyaki Sauce (Contains					•		•		•	•			
Poppy Seeds)										Ů			•
Tahini Garlic Sauce	•				•		*						
Tandoori-Spiced Sauce	•						*						•
Vegetables													
Avocado, Smashed													
Banana Peppers											•		
Banana Peppers Jalapeno Pepper Slices											•		
Banana Peppers Jalapeno Pepper Slices Olives (Green/Black)													
Banana Peppers Jalapeno Pepper Slices Olives (Green/Black) Pickles													
Banana Peppers Jalapeno Pepper Slices Olives (Green/Black) Pickles Vegetables, Fresh													
Banana Peppers Jalapeno Pepper Slices Olives (Green/Black) Pickles Vegetables, Fresh Crispy Onions									•	•		•	
Banana Peppers Jalapeno Pepper Slices Olives (Green/Black) Pickles Vegetables, Fresh Crispy Onions Cookles ** & Desserts									•	•		•	
Banana Peppers Jalapeno Pepper Slices Olives (Green/Black) Pickles Vegetables, Fresh Crispy Onions Cookles ** & Desserts Chocolate Chip with M&M® Candies	•		•	x			•	x	•	•		•	
Banana Peppers Jalapeno Pepper Slices Olives (Green/Black) Pickles Vegetables, Fresh Crispy Onions Cookles ** & Desserts Chocolate Chip with M&M® Candies Chocolate Chunk	•		•	х			•	х	•			•	
Banana Peppers Jalapeno Pepper Slices Olives (Green/Black) Pickles Vegetables, Fresh Crispy Onions Cookles ** & Desserts Chocolate Chip with M&M® Candies Chocolate Chunk Double Chocolate	•		•	X X			•	X X	•	•		•	
Banana Peppers Jalapeno Pepper Slices Olives (Green/Black) Pickles Vegetables, Fresh Crispy Onions Cookles ** & Desserts Chocolate Chip with M&M® Candies Chocolate Chunk Double Chocolate Oatmeal Raisin	•		•	X X X			•	X X X	•	•		•	
Banana Peppers Jalapeno Pepper Slices Olives (Green/Black) Pickles Vegetables, Fresh Crispy Onions Cookles ** & Desserts Chocolate Chip with M&M® Candies Chocolate Chunk Double Chocolate Oatmeal Raisin White Chip Macadamia Nut	•		•	X X			•	X X X	•	•		•	
Banana Peppers Jalapeno Pepper Slices Olives (Green/Black) Pickles Vegetables, Fresh Crispy Onions Cookles ** & Desserts Chocolate Chip with M&M® Candies Chocolate Chunk Double Chocolate Oatmeal Raisin White Chip Macadamia Nut Footlong Cookie, Chocolate Chip	•		•	X X X	x		•	X X X	•	•		•	
Banana Peppers Jalapeno Pepper Slices Olives (Green/Black) Pickles Vegetables, Fresh Crispy Onions Cookles ** & Desserts Chocolate Chip with M&M® Candies Chocolate Chunk Double Chocolate Oatmeal Raisin White Chip Macadamia Nut Footlong Cookie, Chocolate Chip Soups & Sides	•		•	X X X	x		•	X X X	•	•		•	
Banana Peppers Jalapeno Pepper Slices Olives (Green/Black) Pickles Vegetables, Fresh Crispy Onions Cookles ** & Desserts Chocolate Chip with M&M® Candies Chocolate Chunk Double Chocolate Oatmeal Raisin White Chip Macadamia Nut Footlong Cookie, Chocolate Chip Soups & Sides Beef & Barley	•		•	X X X	x		•	X X X	•	•		•	
Banana Peppers Jalapeno Pepper Slices Olives (Green/Black) Pickles Vegetables, Fresh Crispy Onions Cookles ** & Desserts Chocolate Chip with M&M® Candies Chocolate Chunk Double Chocolate Oatmeal Raisin White Chip Macadamia Nut Footlong Cookie, Chocolate Chip Soups & Sides Beef & Barley Beef Chili	•		•	X X X	x		•	X X X	•	•			
Banana Peppers Jalapeno Pepper Slices Olives (Green/Black) Pickles Vegetables, Fresh Crispy Onions Cookles ** & Desserts Chocolate Chip with M&M® Candies Chocolate Chunk Double Chocolate Oatmeal Raisin White Chip Macadamia Nut Footlong Cookie, Chocolate Chip Soups & Sides Beef & Barley Beef Chili Chicken Noodle	•		•	X X X	x		•	X X X	•	•		•	
Banana Peppers Jalapeno Pepper Slices Olives (Green/Black) Pickles Vegetables, Fresh Crispy Onions Cookles ** & Desserts Chocolate Chip with M&M® Candies Chocolate Chunk Double Chocolate Oatmeal Raisin White Chip Macadamia Nut Footlong Cookie, Chocolate Chip Soups & Sides Beef & Barley Beef Chili Chicken Noodle Cream of Broccoli	•		•	X X X	x		•	X X X	•	•			
Banana Peppers Jalapeno Pepper Slices Olives (Green/Black) Pickles Vegetables, Fresh Crispy Onions Cookles ** & Desserts Chocolate Chip with M&M® Candies Chocolate Chunk Double Chocolate Oatmeal Raisin White Chip Macadamia Nut Footlong Cookie, Chocolate Chip Soups & Sides Beef & Barley Beef Chili Chicken Noodle Cream of Broccoli Cream of Mushroom	•		•	X X X	x		•	X X X	•	•		•	
Banana Peppers Jalapeno Pepper Slices Olives (Green/Black) Pickles Vegetables, Fresh Crispy Onions Cookles ** & Desserts Chocolate Chip with M&M® Candies Chocolate Chunk Double Chocolate Oatmeal Raisin White Chip Macadamia Nut Footlong Cookie, Chocolate Chip Soups & Sides Beef & Barley Beef Chili Chicken Noodle Cream of Broccoli	•		•	X X X	x		•	X X X	•	•			

• = Contains Allergen X = May Contain Allergen

¹The gluten-free bread is manufactured in a gluten-free facility. However, other menu items and ingredients in our restaurant contain gluten and are prepared on shared equipment, so we cannot guarantee that our menu items are 100% gluten free. *The only soy-derived ingredient is refined soybean oil.

^{**}Due to the nature of how these cookies are displayed in the restaurant they may come in contact with other nut containing cookies